



A COLLECTION OF  
STRATEGIES & RESOURCES  
THAT SUPPORT  
POLICY, SYSTEMS &  
ENVIRONMENTAL CHANGE  
FOR OBESITY PREVENTION

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## **Introduction**

This guide identifies resources and strategies to advance obesity prevention through policy, systems and environmental (PSE) change activities that local implementing agencies may use as a part of their work through the United States Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program-Education (SNAP-Ed). With the passage of the federal Healthy, Hunger-Free Kids Act (HHFKA) in 2010, local implementing agencies are now required to use evidence-based PSE strategies within their multi-level SNAP-Ed community nutrition programming. This PSE Resource Guide provides a sample of evidence-based tools and resources for use in a variety of settings to advance obesity prevention efforts.

Since Local Health Departments (LHDs) are often able to leverage multiple sources of funding, resources were selected based on whether the strategies they contain have the ability to affect change, not for their adherence to any particular set of funding guidance; as a result, each chapter has a selection of interventions which may or may not be SNAP-Ed allowable. Collaborations between LHDs and their community partners are encouraged, as these collaborations can create multi-level approaches to PSE work that will build upon SNAP-Ed allowable activities and enhance interventions.

## **Why Use this Resource Guide**

The PSE Resource Guide provides a variety of assessment tools that can act as a complement to the portfolios and support strategic development of the work plan. The PSE Resource Guide also provides a select listing of strategies and resources for community-level engagement and program implementation. Use of these resources may generate opportunities for integration with regional and national organizations to leverage existing resources in low-income communities.

## **How to Use this Resource Guide**

The PSE Resource Guide divides the resources for each community setting into assessment instruments and general resources that include both policy and evaluation examples.

1. Begin by selecting an assessment tool. The results of a community assessment will help identify resource needs which will then guide the selection of community settings and PSE strategies.
2. Based upon the results of the assessment, select the resources and tools that will address the identified needs.
3. Concurrently with resource selection, identify evaluation plan and tools.

## Table of Contents

The organization of community change resources can be approached from several angles. In an effort to make the information in this guide as accessible as possible, NEOPB has provided these resources by location, topic, and target audience; as a result there may be some duplication of information and entries. We encourage users of this information to review each chapter that may have relevance to the desired community change strategy.

1. Early Care and Education	page 10
2. School Wellness	page 18
3. Farm to Fork	page 41
4. Joint Use	page 45
5. Healthy Corner Stores	page 49
6. Restaurants and Neighborhood Vendors	page 58
7. Structured Physical Activity	page 64
8. School and Community Gardens	page 77
9. Worksite Wellness	page 81
10. Safe Routes to School	page 85
11. Farmers' Markets	page 93
12. Healthy Food and Beverage Standards	page 98
13. Healthcare/Food Security/Faith	page 101
14. Beverages	page 104

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